

# WELLNESS WORKS!

*Fuel for Change...Fuel for Life*

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## FITNESS / WEIGHT MANAGEMENT

# Eating Disorders: Get the Facts

[www.health.discovery.com](http://www.health.discovery.com)

Eating disorders are devastating mental illnesses that affect more than 7 million American women. Ninety percent of the people who suffer from the eating disorders anorexia nervosa and bulimia nervosa are women, according to the National Association of Anorexia Nervosa and Associated Disorders. Although they revolve around eating and body weight, eating disorders aren't about food, but about feelings and self-expression. Women with eating disorders use food and dieting as ways of coping with life's stresses. For some, food becomes a source of comfort and nurturing, or a way to control or release stress. For others, losing weight is a way to gain the approval of friends and family. Eating disorders are not diets, signs of personal weakness or problems that will go away without treatment.

Eating disorders occur in all socioeconomic and ethnic groups. Eating problems usually develop in girls between age 12 and 25. Age 17 is the average age that an eating disorder develops, and between five percent and 10 percent of young people have eating disorders. Because of the shame associated with this complex illness, many women don't seek treatment or get help until years later. Eating disorders also occur in older women and in men, but much less frequently.

Typically, women with eating disorders are described as having low self-esteem and feeling helpless and inadequate. There are several categories of eating disorders, including anorexia nervosa, buli-

mia nervosa and eating disorders not otherwise specified (EDNOS). All are considered psychiatric disorders.

### Eating Disorders: Relentless Pursuit

Anorexia nervosa is a disorder in which preoccupation with dieting and thinness leads to excessive weight loss. If you suffer from this disease, you may not acknowledge that weight loss or restricted eating is a problem, and you may "feel fat" even when emaciated. Women with anorexia nervosa intentionally starve themselves or exercise excessively in a relentless pursuit to be thin, losing from 15 to 60 percent of their normal body weight. Half of all women suffering from anorexia nervosa never fully regain their health. A third remain chronically ill. About half of women with anorexia also suffer from bulimia.

Women with bulimia nervosa regularly and sometimes secretly binge on large quantities of food — up to 20,000 calories at one time — then feel intense feelings of guilt or shame and try to compensate by getting rid of the excess calories. Some purge by inducing vomiting, abusing laxatives and diuretics, or by taking enemas. Others fast or exercise to extremes. If you suffer from this disease, you feel out of control and recognize that your behavior is not normal but often deny to others that you have a problem. Women with bulimia can be any weight and often experience weight fluctuations. Bulimia is especially prevalent on college campuses where as many as 80 percent of female students have reportedly



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### Making Strides Against Breast Cancer

Today, there is more hope than ever for people touched by breast cancer. However, there is still much work to be done to promote early detection and help those impacted by the disease. And *you* can make a difference.

Making Strides is a noncompetitive walk supporting the American Cancer Society's unique mission to fight cancer on four fronts: research, education, advocacy, and patient services. Hope Starts Here.

The Wellness Council in conjunction with the Carroll Community Involvement and Corporate Giving Committee is sponsoring a team of walkers to participate in the Baltimore Making Strides Against Breast Cancer Walk on October 23, 2005.

For more information, please see Lauren Shapiro, 410-261-5461, or join the Carroll Independent Fuel Company Team through the Wellness Council's Website at <http://wellness.carrollfuel.com>—Click on the Making Strides Against Breast Cancer link.

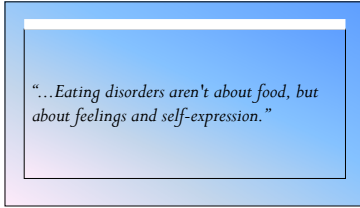
## Eating Disorders...continued

binged and purged at one time or another.

A third type of eating disorder, "eating disorders not otherwise specified" (EDNOS), refers to symptoms that don't fit into the other two categories of eating disorders. If you suffer from EDNOS, you are a compulsive eater who experiences uncontrolled and sometimes secretive eating.

Although it has become synonymous with eating disorders, anorexia is relatively rare, affecting less than 1 percent of adolescent women. Another 2 to 3 percent develop bulimia. Yet statistics don't tell the whole story.

Many more women, who don't necessarily meet all the criteria for an eating disorder, are preoccupied with their bodies and caught up in destructive patterns of dieting and overeating that can seriously affect their health and well-being.



### No Single Cause of Eating Disorders

There is no single cause of eating disorders. Biological, social and psychological factors all play a role. Evidence suggesting a genetic predisposition shows that anorexia may be more common between sisters and in identical twins. Other research points to hormonal disturbances and to an imbalance of neurotransmitters, which are chemicals in the brain that, among other things, regulate mood and appetite.

In most women, an event or series of events triggers the eating disorder and allows it to take root and thrive. Triggers can be as subtle as a degrading comment or as devastating as rape or incest. Times of transition, such as divorce, marriage or starting college, can also provoke eating problems. Parents who are preoccupied with eating and overly concerned about or critical of a

tating as rape or incest. Times of transition, such as divorce, marriage or starting college, can also provoke eating problems. Parents who are preoccupied with eating and overly concerned about or critical of a

daughter's weight and coaches who relentlessly insist on weigh-ins or a certain body image from their athletes may also encourage an eating disorder. So can the pressure of living in a culture where self-worth is equated with unattainable standards of slimness and beauty. Our society's "ideal" body size for a woman has decreased, and the difference between the size of the average American woman and the size many women think they should be has grown tremendously. Twenty years ago, for example, the average fashion model weighed 8 percent less than the average woman; today's models weigh 23 percent less. ❖

## Personal Wellness Goal:

### Stretch to De-Stress!

Almost everyone knows to stretch before exercising, but did you know that stretching before beginning your workday could limber up your muscles and help start each day in a more positive frame of mind? In fact stretching develops a greater self-awareness of the body and how it works.

The most intriguing benefit is that stretching enhances one's well-being. To get the most out of your stretch, you really have to concentrate. No matter how stressful or worrisome your problems, you have to put them to one side when you're stretching

*Don't Forget: Make your Doctor your Partner in Healthcare!, Have a Good Laugh!, Drink more Water! and Make physical activity a regular part of your day!*

## DIET / NUTRITION

# Mushrooms: Mother Lode for an Antioxidant

[www.webmd.com](http://www.webmd.com)

The next time you order pizza, grill burgers, or make a salad, you could boost your antioxidant intake by tossing in a few mushrooms.

### Antioxidants

Antioxidants are chemicals found naturally in foods including fruits, vegetables, whole grains, nuts, and legumes. They're also in tea, wine, and coffee. There are thousands of antioxidants. Scientists don't have them all figured out, but they've found plenty of signs that antioxidants help protect the body from harsh environments and disease.

For instance, researchers reported in August that antioxidants in brightly colored fruits and veggies may lower some types of arthritis. In June, another study showed that antioxidants in fruit and vegetable juices may reduce the risk of Alzheimer's disease. Antioxidants have also been studied for their effects on heart health and cancer.



### Marvelous Mushrooms

When it comes to one particular antioxidant, mushrooms muscle aside the competition, new research shows. Move over, wheat germ. Take a number, chicken liver. Until now, those two foods were trumpeted as the best known food sources of the antioxidant ergothioneine, but mushrooms beat them easily, according to a Pennsylvania State University news release.

Penn State researchers including food science graduate student Joy Dubost jotted down every little bit of ergothioneine in different kinds of mushrooms. Their results were presented in Washington at the 230th national meeting of the American Chemical Society.

### Top-Ranked Mushrooms

Even the white button mushroom, America's most commonly eaten mushroom, has 12 times more ergothioneine than wheat germ and four times more than chicken liver. More exotic mushrooms, such

as shiitake, oyster, king oyster, and maitake mushrooms, have even more of the antioxidant, the news release states.

Which mushrooms rate highest for the antioxidant? Portobellos, write Dubost and colleagues in their report.

### Fungus Among Us

Mushrooms are fungi. That may not sound very glamorous, but many mushrooms are upscale gourmet fare, and some have been used in traditional medicines. Browse through supermarkets, Asian groceries, or farmers' markets and you may find shiitakes, oyster mushrooms, portobellos, and white button mushrooms.

Cooking doesn't hurt ergothioneine levels, notes Dubost in the news release. ❖

# SMART HEALTH CARE CHOICES

## Preventative Service Guidelines

[www.carefirst.healthkonline.com](http://www.carefirst.healthkonline.com)

Please note that the following services are just guidelines. Please check with your doctor and make sure to call the Member Services number on your ID card to verify coverage.

### Screenings for Men and Women Ages 21 and Older:

- Medical history and physical exam: at the discretion of the doctor and patient
- Height: at least once with follow-up as necessary
- Weight: every six months or based on need
- Blood pressure: every one to two years or at each visit
- Cholesterol: Every 5 years for men and women ages 20 and older. If family history is unknown and/or other risk factors are present, such as smoking, diabetes, family history and high blood pressure, your doctor should measure HDL, LDL, and total cholesterol levels.
- Diabetes: begin at age 45; repeat every three years or more frequently if at high risk; risk factors include: obesity, family history, diabetes during pregnancy (delivery of baby more than 9 lbs.), hypertension, elevated cholesterol, abnormal blood sugar, and those of African-American, Hispanic-American, Native-American, Asian-American or Pacific-Islander ancestry
- Colon cancer: begin at age 50 for men and women with average risk; yearly fecal occult blood test OR flexible sigmoidoscopy every five years OR yearly fecal occult blood test

PLUS flexible sigmoidoscopy every five years OR colonoscopy every 10 years OR barium enema every five years

- Depression: screen for the following symptoms of depression during visits and periodically thereafter: depressed mood, loss of interest or pleasure in nearly all activities, fatigue/loss of energy, weight loss/gain, insomnia/hypersomnia, worthlessness/guilt, impaired concentration, thoughts of death/suicide and psychomotor retardation/agitation; five or more of these symptoms



present during the same two-week period and a change in behavior so that at least one of the symptoms is either a depressed mood or loss of interest/pleasure may represent an episode of depression

- Screening for high-risk factors and counseling: depending

on the patient's age, one or more of the following topics should be discussed or screened for during physical exams: substance abuse, tobacco, alcohol and drug use (avoidance), diet and exercise, injury prevention, dental health, sexual behavior, tuberculosis (TB), hepatitis A, B and C, chlamydia, gonorrhea, HIV, use of alternative medicines and therapies, depression and domestic violence

- Osteoporosis: begin at age 50 for men and women at

increased risk for fractures from osteoporosis

### Screenings for Men Only:

- Prostate cancer: begin at age 40 for men who are African-American or have a family history of prostate cancer; begin at age 50 for men at average risk with a life expectancy greater than 10 years; discuss benefits and risks of digital rectal exam and prostate-specific antigen test
- Testicular exam: each visit; doctor will instruct the patient on how to do a self-exam

### Screenings for Women Only:

- Breast cancer: beginning at age 40, mammogram every one to two years, with or without clinical breast exam
- Cervical cancer: have a yearly Pap test beginning at age 21 or three years after start of vaginal intercourse; if three consecutive exams are normal, the Pap test may be performed less often; check with your doctor
- Chlamydia: for sexually active women ages 25 and younger; high-risk groups older than age 25 at doctor's discretion
- Menopause counseling: women who are of menopausal age should be counseled regarding menopause, treatment and lifestyle modifications that may be available
- Osteoporosis: begin at age 65 for women at average risk



## STRESS MANAGEMENT

### The Relaxation Response

[www.healthandwellnessclub.com](http://www.healthandwellnessclub.com)

Years ago, Herbert Benson made an ancient meditative technique available to millions as the Relaxation Response. By simply counting "One" for each breath in and out for a period of twenty minutes, you slow your breath and body functions down to a pace



that allows deep relaxation and healing to occur. If you catch yourself counting beyond the number "One," or if your mind wanders to other things, simply bring your attention back to your breath without judgment. If you are not used to medi-

## You Make The Call:

### The Cost of Smoking

It shouldn't surprise you to read that smoking cigarettes is harmful to your health; most smokers have grown familiar with seeing the Surgeon General's Warning on every pack of cigarettes sold in the US since 1965. In this country, lung disease is responsible for one in seven deaths. Quitting smoking not only "greatly reduces serious risks to your health" but it also can greatly increase your disposable income. Smokers in the US spend nearly \$50 million annually on cigarettes. How much of that money did you kick in? Let's say you smoke about 15 cigarettes a day and the average price for a pack of cigarettes is \$3.50. If you quit today not only would you "reduce serious risks to your health", but you would save \$18.38 a week, \$78.75 a month and \$958.13 a year!

tating, then you may want to build up to the full twenty minutes slowly. Benson actually recommends having two such periods during the day for maximum benefit. ❖



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**Do You Have Ideas for the  
Wellness Works! Newsletter?**

**Submit your ideas to  
[wellness@carrollfuel.net](mailto:wellness@carrollfuel.net)**

**Or visit our website at  
<http://wellness.carrollfuel.com>**

## Spotlight On:

### What You Can Do to Help Katrina's Survivors

Hurricane Katrina and the floods and destruction that followed have sparked concern far and wide. As we remember the devastation that came to Maryland with Hurricane Isabel, our thoughts and best wishes go to the Gulf Coast. Here is how you can help:

#### Cash Counts

You may have canned goods, toiletries, and clothes to spare, but don't overlook the power of cash. According to the Homeland Security for Emergency Preparedness and Response division, cash donations allow volunteer agencies to issue cash vouchers to victims so they can meet their needs. Cash donations also allow agencies to avoid the labor-intensive need to store, sort, pack, and distribute donated goods.

#### What About Volunteers?

If you've got skills that might be of help, contacting a relief agency might be your best

bet. It is important that volunteer response is coordinated by the professionals who can direct volunteers where they are needed most.



#### Organizations to Consider

Many organizations are working hard to bring relief to the storm's victims. Here are a few suggestions:

- **To donate cash**  
American Red Cross: (800) HELP NOW

[www.redcross.org](http://www.redcross.org)  
Operation Blessing: (800) 436-6348  
America's Second Harvest: (800) 344-8070

- **To donate cash or volunteer**  
Salvation Army: (800) SAL-ARMY  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- **Animal-Related Charities**  
Pets and other animals were also affected by the hurricane. To help the animals displaced by this tragedy please contact:

Humane Society: [www.hsus.org](http://www.hsus.org)  
Noah's Wish: [www.noahswish.org](http://www.noahswish.org)  
ASPCA: [www.asPCA.org](http://www.asPCA.org)

#### Be an Informed Giver

Please remember to learn about a particular charity before making a donation. For more information visit Charity Navigator at [www.charitynavigator.org](http://www.charitynavigator.org) ❖